

A MOSAIC OF RELATIONSHIPS: the ethics of care in modern clinical practice



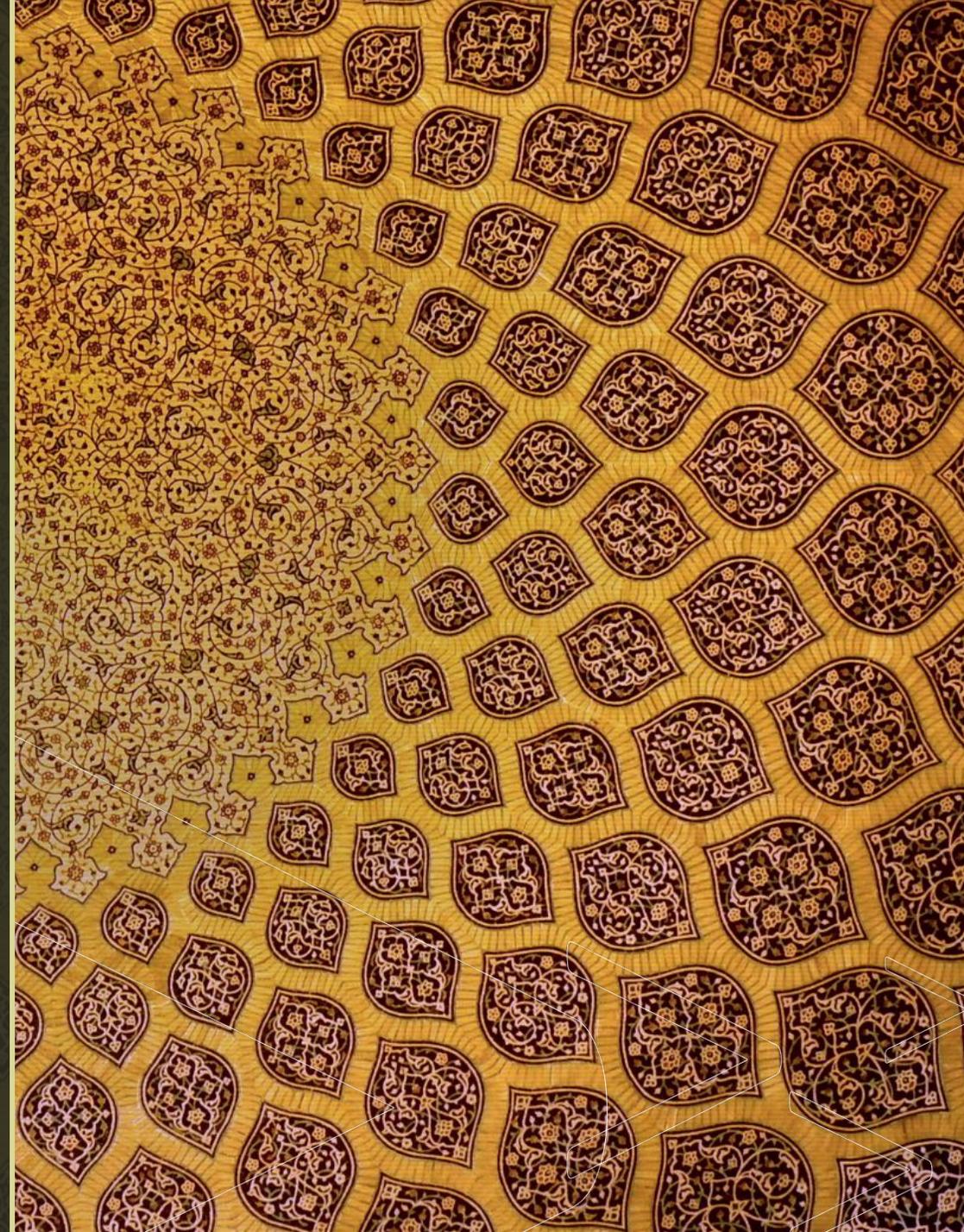
TUNING INTO YOUR BREATH:

applying mindfulness meditation to clinical practice

Joshua Newman, LPCCC

LEARNING OBJECTIVES:

- ❖ Define mindfulness.
- ❖ Identify four, distinct benefits of mindfulness meditation for clinicians.
- ❖ Become familiar with multiple traditions of meditation practice.
- ❖ Learn how to ethically integrate mindfulness meditation into your clinical practice in a culturally-sensitive manner.
- ❖ Identify situations where mindfulness meditation is contraindicated.

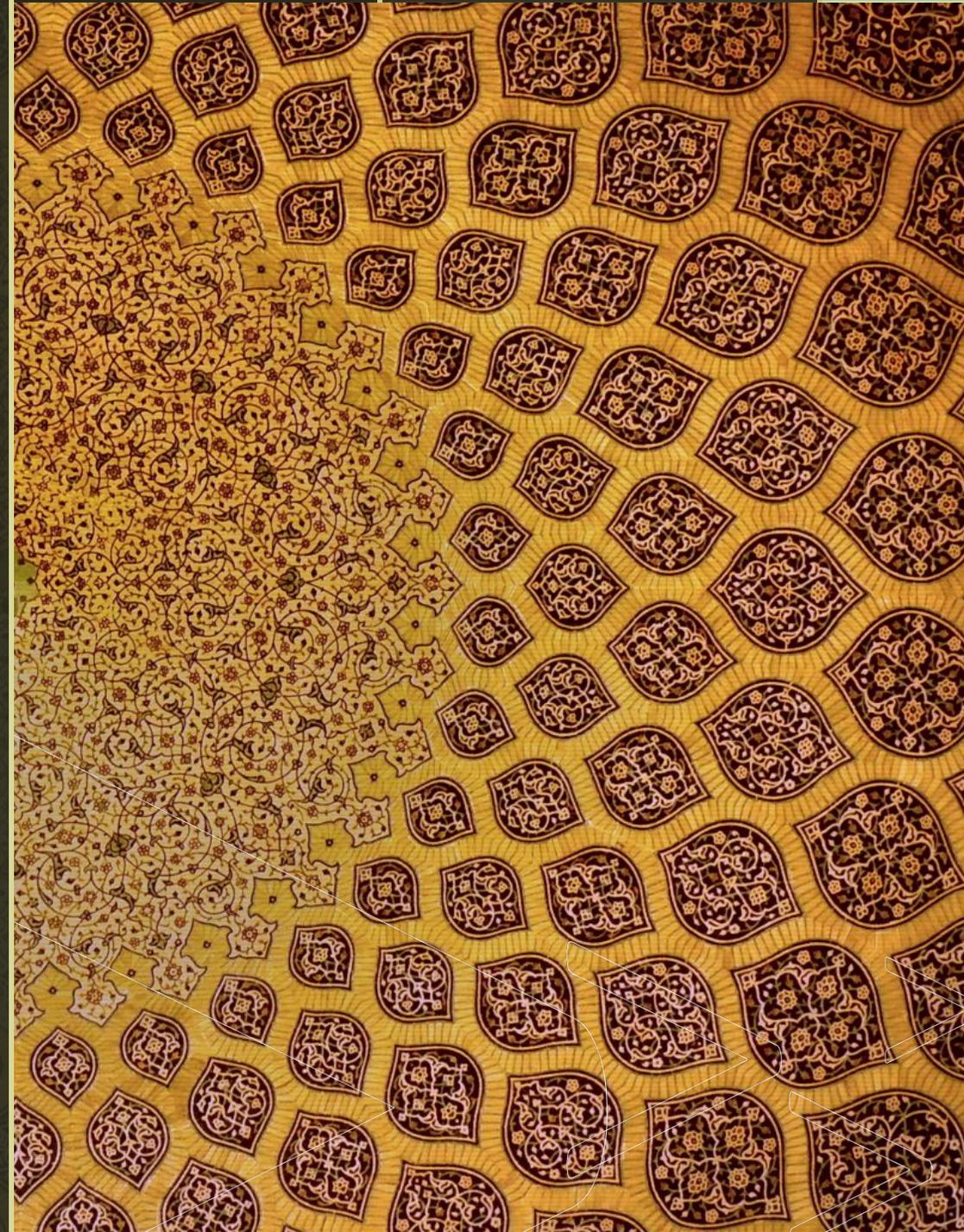


“In the beginner’s mind there are many possibilities, but in the expert’s there are few”

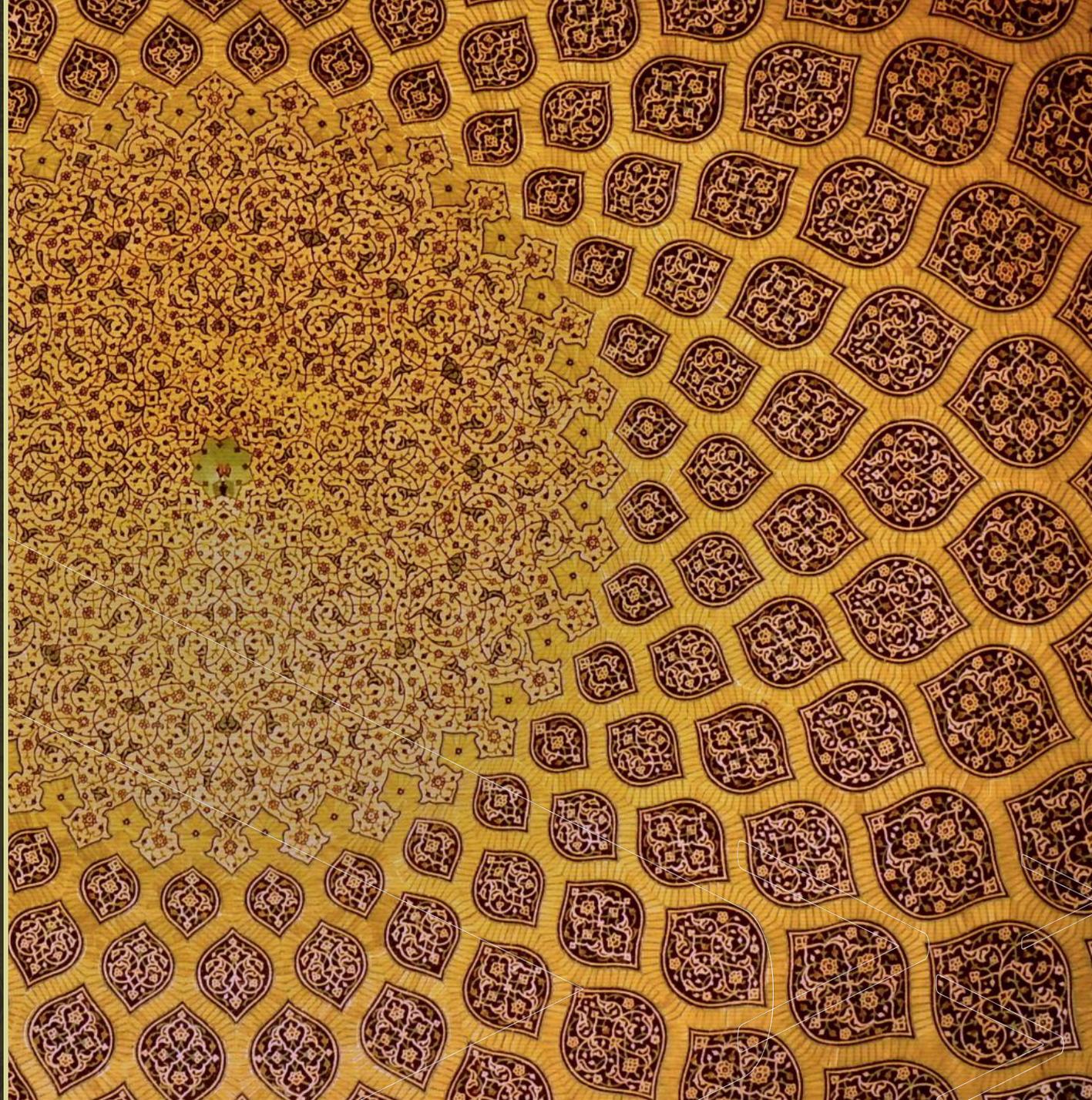
- Shunryu Suzuki

“You can observe a lot just by watching”

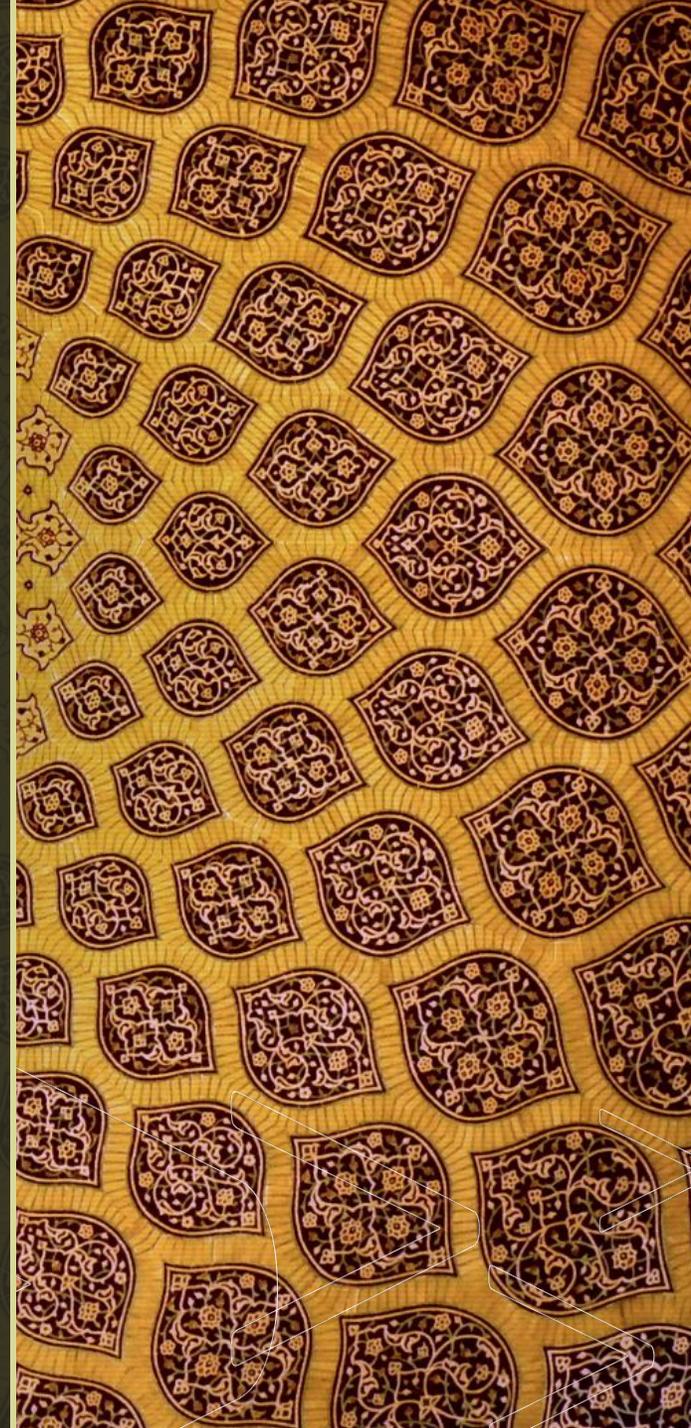
- Yogi Berra



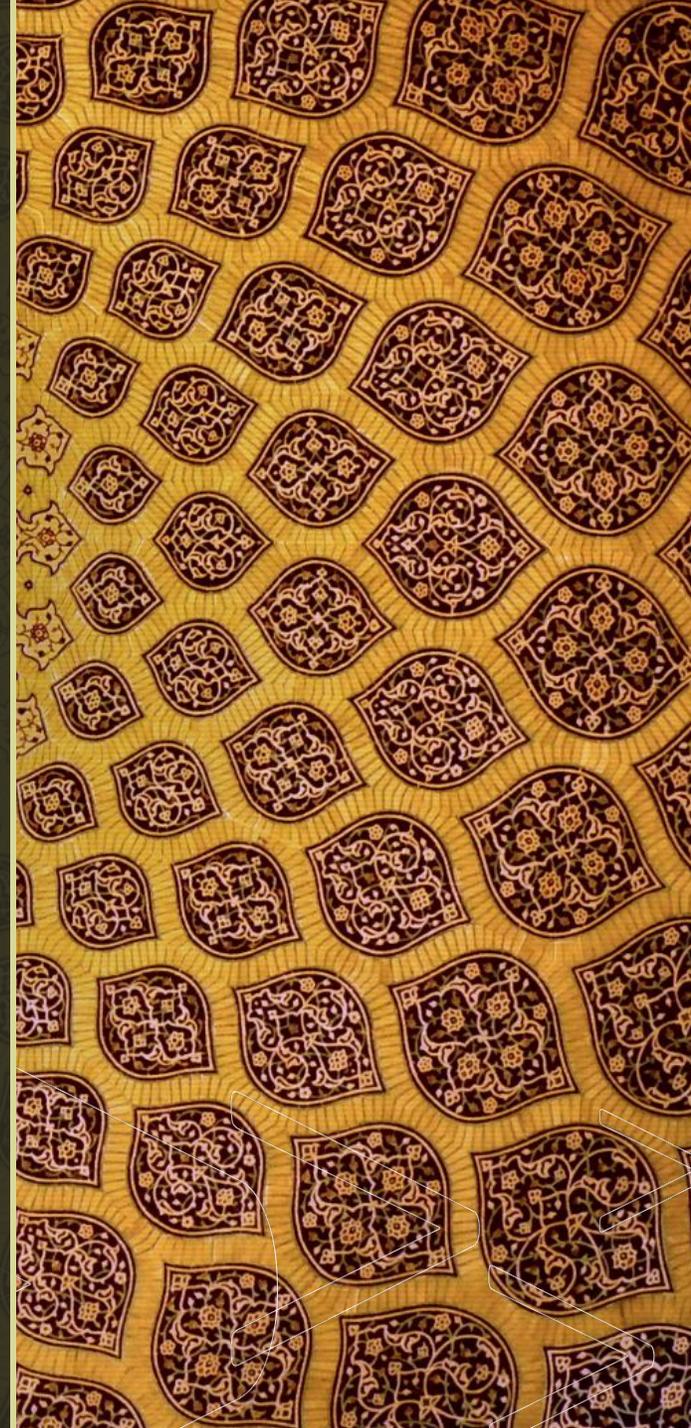
WHAT IS
MINDFULNESS?



- ❖ Paying attention to what is happening in the present moment.
- ❖ A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
- ❖ Awareness that arises through paying attention, on purpose, in the present moment, non-judgmental, in the service of self-understanding and wisdom.



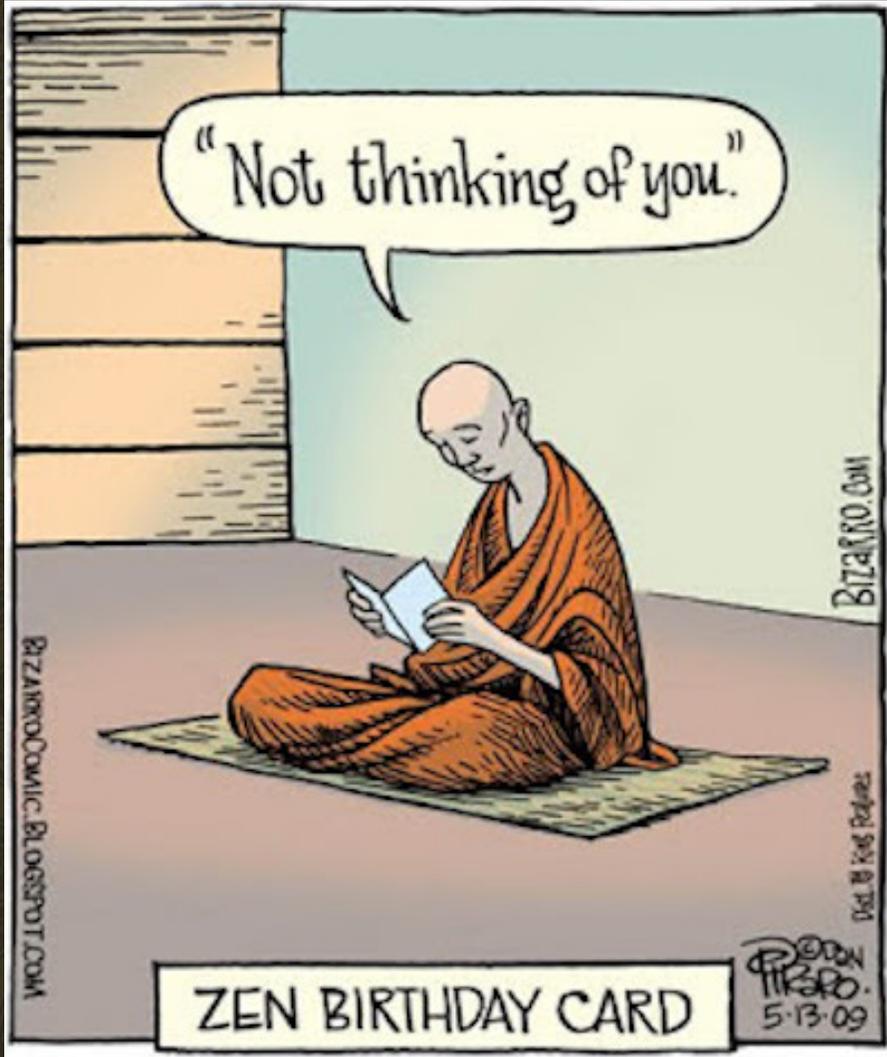
- ❖ Greater self-awareness.
- ❖ More present in session.
- ❖ More authentic responses to clients.
- ❖ Needs inventory = self-care.



EXPERIENTIAL

ONE





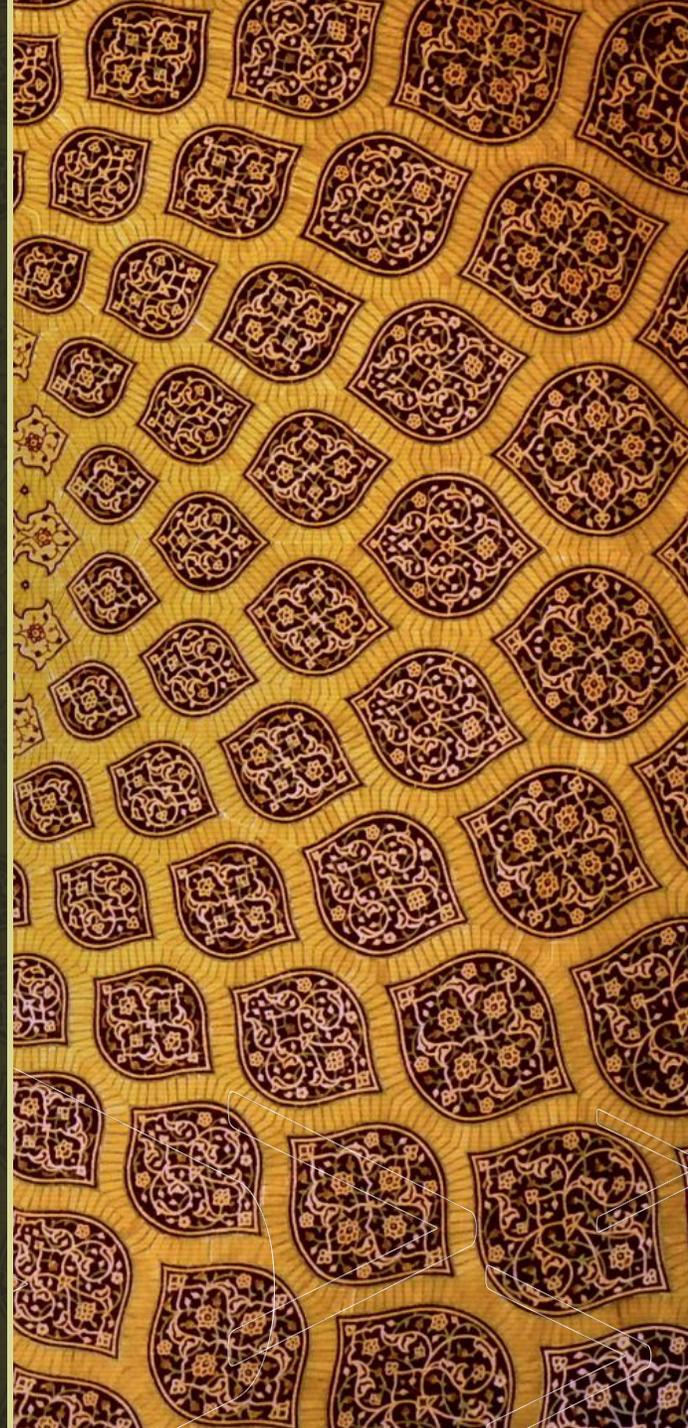
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Dad. It's Your Problem

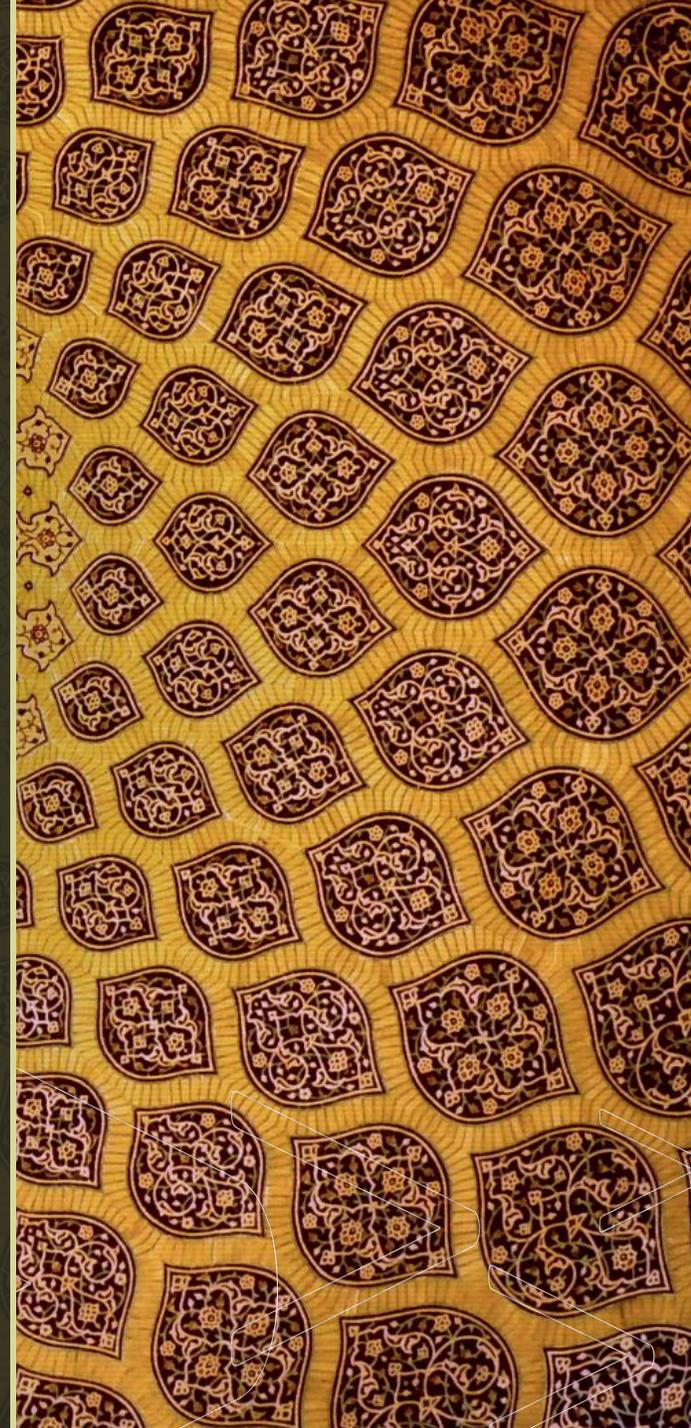
ZEN BIRTHDAY CARD

5-13-09



Meditation 101

- ❖ First recorded examples from Hinduism, 2500 BCE
- ❖ All religious traditions have a meditation tradition
- ❖ Secular forms have emerged in past 50 years
- ❖ Multiple varieties:
 - a) Mindfulness
 - b) Vipassana - insight
 - c) Loving Kindness - compassion
 - d) TM – mantra-based
 - e) Raisin meditation



Three Levels of Mindfulness Practice in Therapy

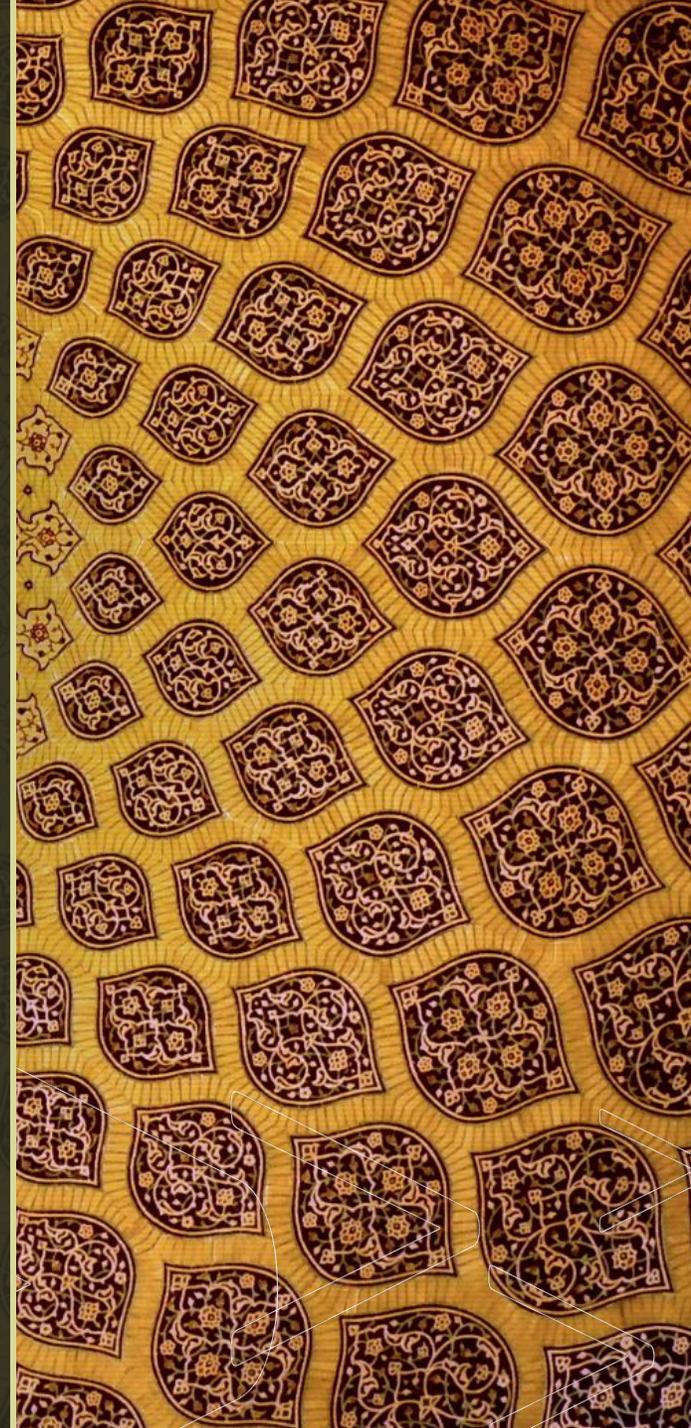
- ❖ Practicing therapist
- ❖ Mindfulness-informed
- ❖ Mindfulness-based psychotherapy

*Credit given to Aneeqa Ishtiaq, PhD
www.mindfulself.org



ETHICAL CONSIDERATIONS

- ❖ Do No Harm – consider client stability and temperament.
- ❖ Psychotherapy Networker Article, Jan/Feb 2022
- ❖ Dosage consideration – too much of a good thing.
- ❖ Person-centered approach...no one-size-fits-all.
- ❖ Monitor effects; modify recommendations as needed.
- ❖ Integrate meditation practice with client's religious tradition and/or belief system.

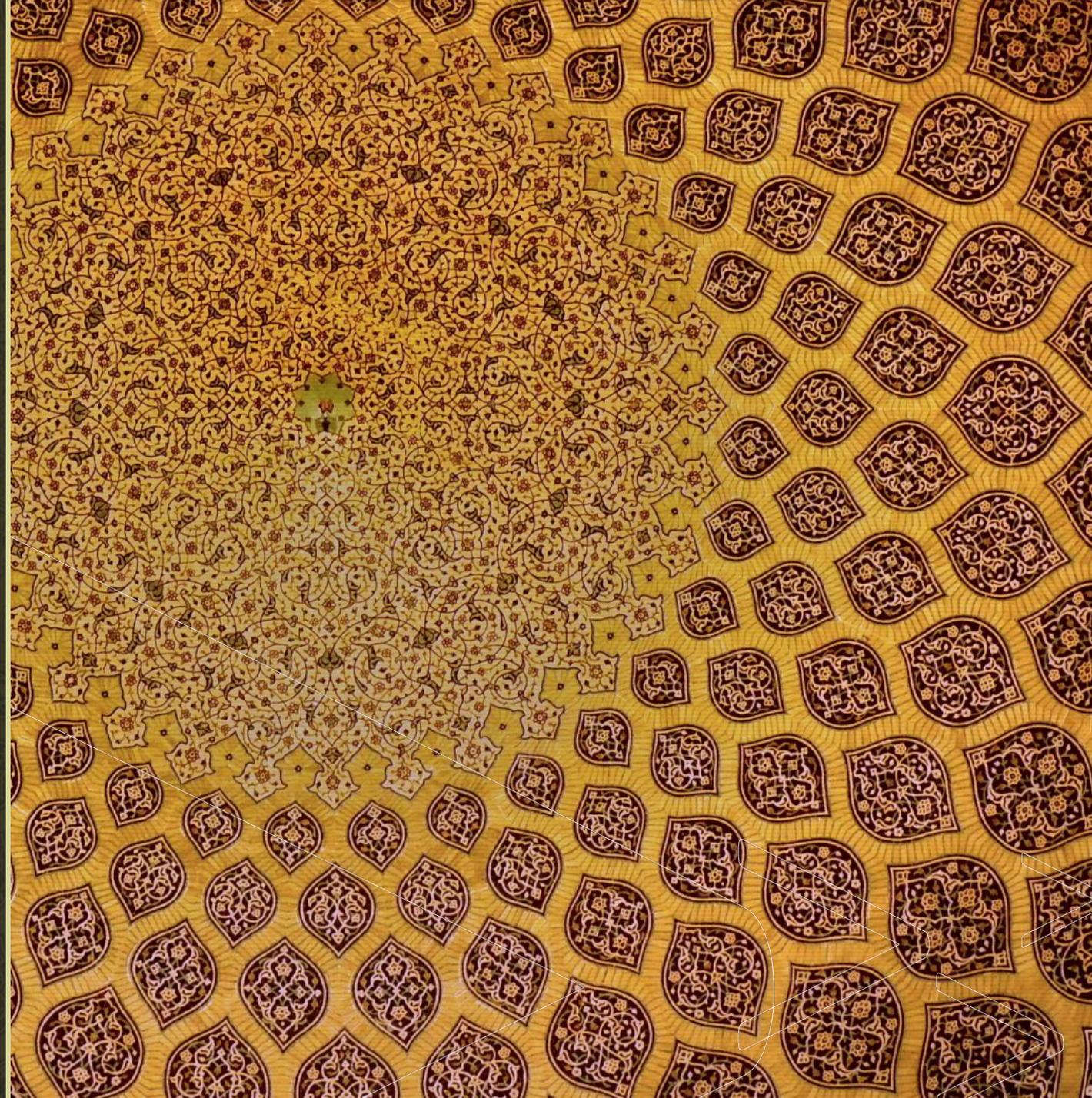


Getting Started...

- ❖ Start with 5 minutes/day.
- ❖ Work up to 12 - 20 minutes/day.
- ❖ Habit stacking.
- ❖ Don't worry about doing it wrong.



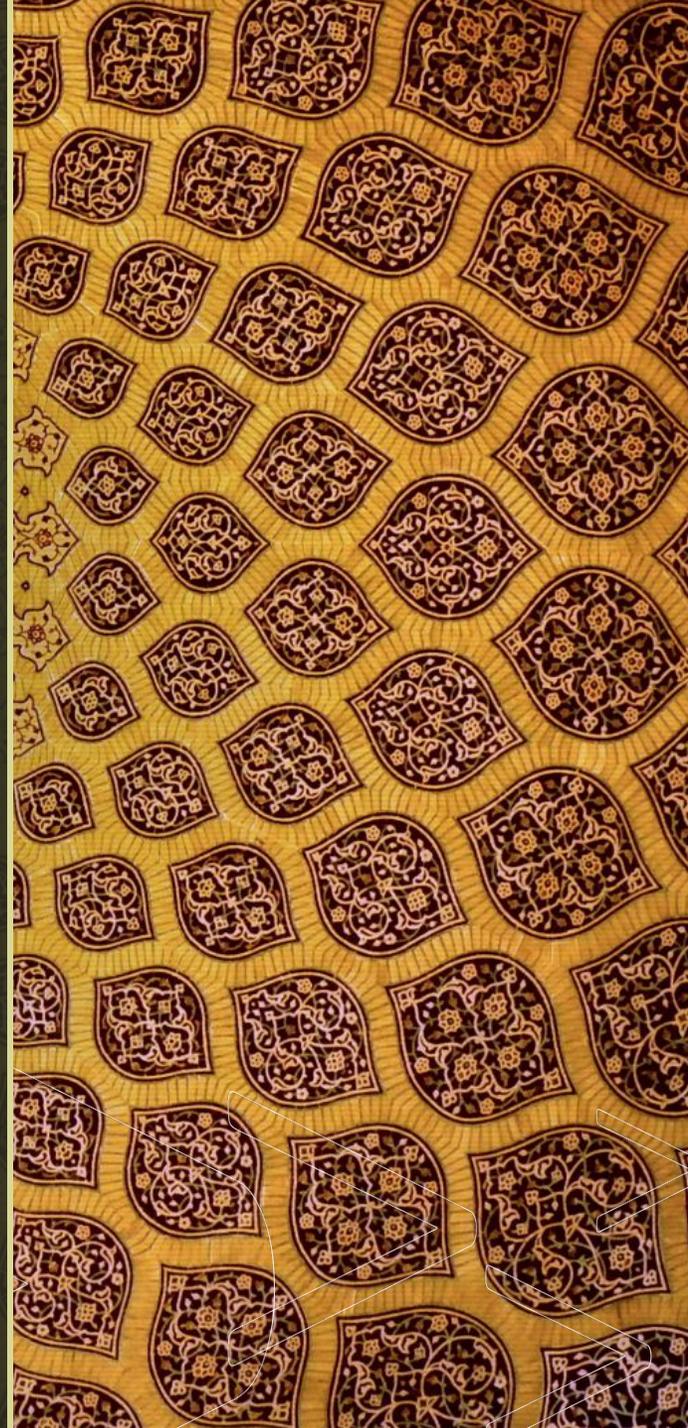
EXPERIENTIAL TWO



IMAGINE A QUIET STATE, AN OASIS OF CALM WHERE YOU LEAVE BEHIND ALL OF THE CLUTTER AND NOISE AND DISTRACTIONS, AND EXPERIENCE A TRUE PEACE...

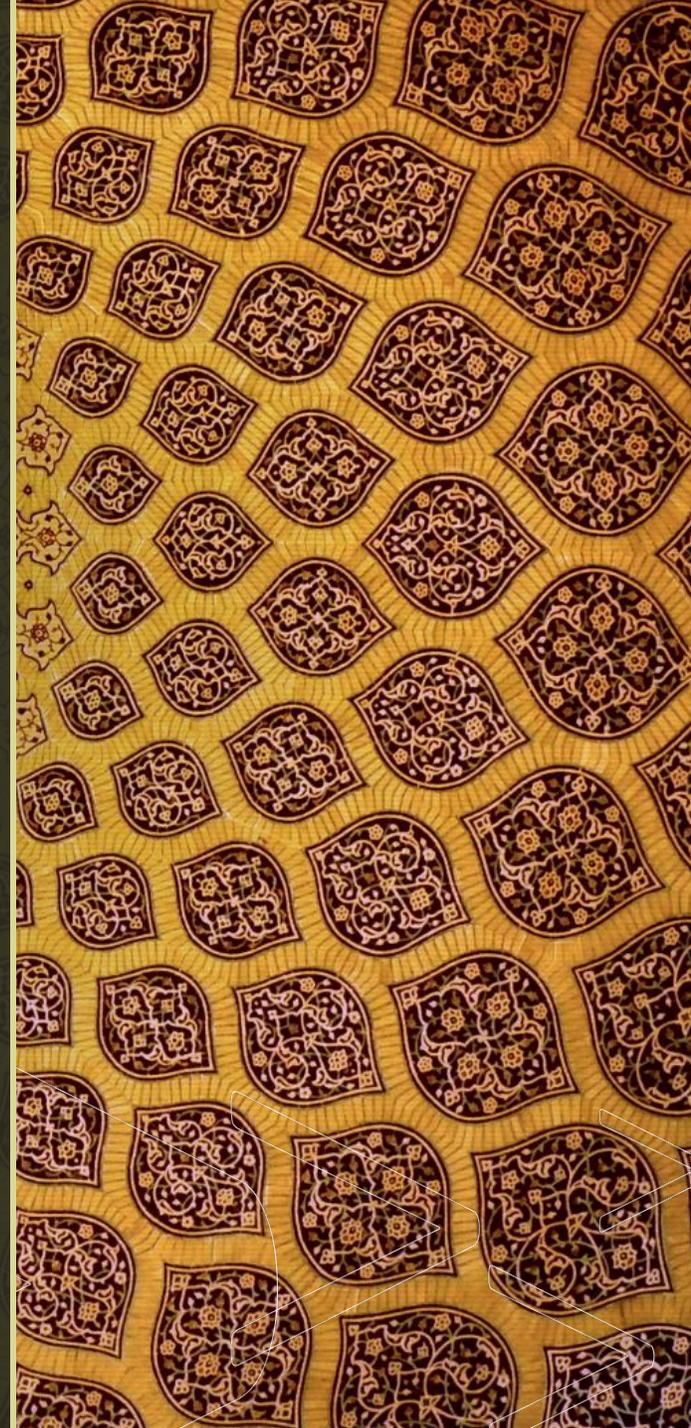


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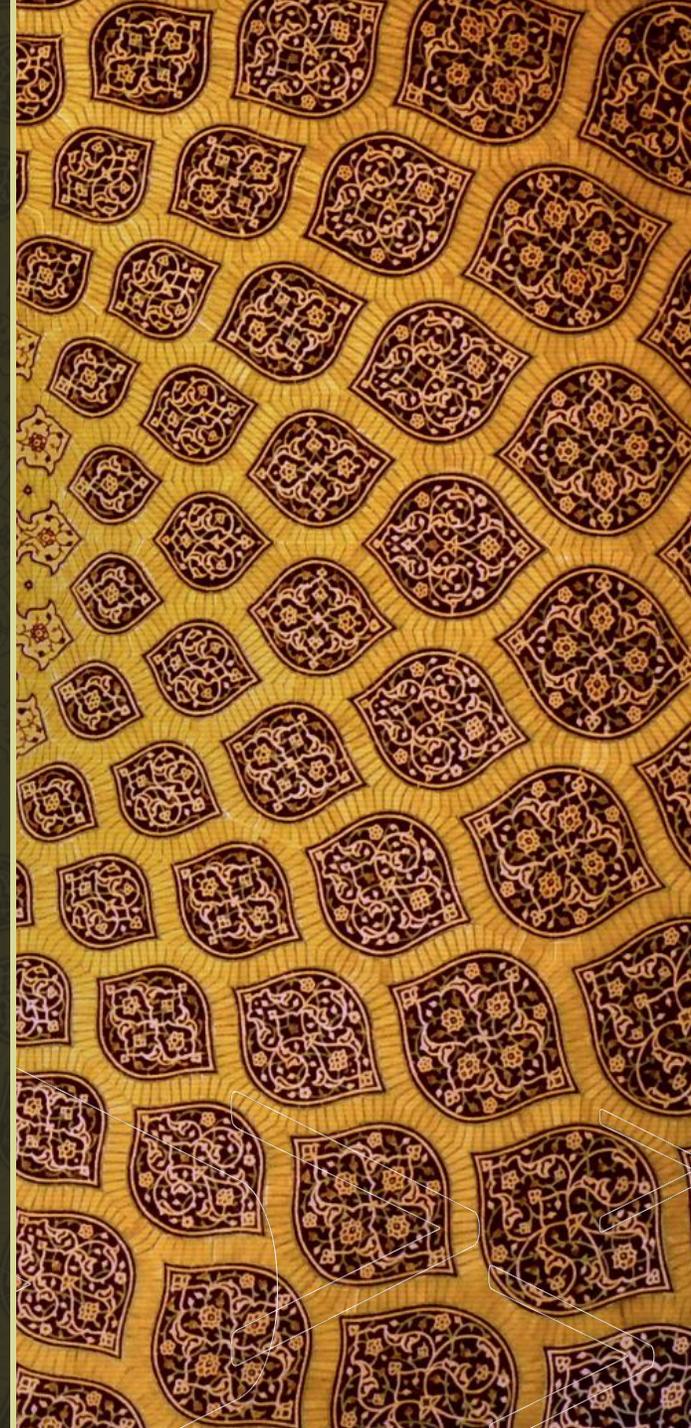
WHAT IF MEDITATION ISN'T RIGHT FOR ME???

- ❖ The Nature Fix
- ❖ Yoga
- ❖ Tai Chi
- ❖ Qigong
- ❖ The Flow State





"It's just a simple Rorschach ink-blot test, Mr. Bromwell, so just calm down and tell me what each one suggests to you."



RECOMMENDED READING

Wherever You Go, There You Are, Jon Kabat-Zinn

How to Meditate: A Practical Guide to Making Friends with Your Mind, Pema Chodron

Contemplative Prayer, Thomas Merton

Intimacy with God: An Introduction to Centering Prayer, Thomas Keating

Be Still and Get Going: A Jewish Meditation Practice for Real Life, Alan Lew

Living Presence: The Sufi Path to Mindfulness and the Essential Self, Kabir Edmund Helminski

Vedantic Meditation: Lighting the Flame of Awareness, David Frawley